



My Time: Making the Most of the Rest of Your Life

By Abigail Trafford

[Download now](#)

[Read Online](#) 

My Time: Making the Most of the Rest of Your Life By Abigail Trafford

Kids grown? Mortgage paid? Career topping out? What now? In *My Time*, best-selling author Abigail Trafford answers the questions more and more 50somethings are asking themselves. Thanks to the longevity revolution of recent decades, today's 55-75-year-olds are living and working longer and healthier than ever before. This generation is the first to experience the period of personal renaissance in between middle and old age--what Trafford calls "My Time." Defining this period as a whole new developmental stage in the life cycle, Trafford skillfully guides readers through the obstacles of "My Time" and offers them the opportunity to take full advantage of the bonus decades. With the same wit, compassion, and vivid storytelling that made *Crazy Time* one of the best-loved books ever written on the subject of divorce, Trafford blends personal stories with expert opinions and the latest research on adult development. From the doctor who gave up his practice to write books to the widowed mother of three who reinvented herself as a successful photographer, true tales of crisis and triumph sparkle on every page of this inspiring and insightful book. Like Gail Sheehy's *Passages*, *My Time* is certain to profoundly affect the journey through our adult years.

 [Download My Time: Making the Most of the Rest of Your Life ...pdf](#)

 [Read Online My Time: Making the Most of the Rest of Your Lif ...pdf](#)

My Time: Making the Most of the Rest of Your Life

By Abigail Trafford

My Time: Making the Most of the Rest of Your Life By Abigail Trafford

Kids grown? Mortgage paid? Career topping out? What now? In *My Time*, best-selling author Abigail Trafford answers the questions more and more 50somethings are asking themselves. Thanks to the longevity revolution of recent decades, today's 55-75-year-olds are living and working longer and healthier than ever before. This generation is the first to experience the period of personal renaissance in between middle and old age--what Trafford calls "My Time." Defining this period as a whole new developmental stage in the life cycle, Trafford skillfully guides readers through the obstacles of "My Time" and offers them the opportunity to take full advantage of the bonus decades. With the same wit, compassion, and vivid storytelling that made *Crazy Time* one of the best-loved books ever written on the subject of divorce, Trafford blends personal stories with expert opinions and the latest research on adult development. From the doctor who gave up his practice to write books to the widowed mother of three who reinvented herself as a successful photographer, true tales of crisis and triumph sparkle on every page of this inspiring and insightful book. Like Gail Sheehy's *Passages*, *My Time* is certain to profoundly affect the journey through our adult years.

My Time: Making the Most of the Rest of Your Life By Abigail Trafford Bibliography

- Sales Rank: #1082095 in Books
- Published on: 2003-12-15
- Released on: 2003-12-16
- Original language: English
- Number of items: 1
- Dimensions: 1.00" h x 6.42" w x 9.56" l,
- Binding: Hardcover
- 304 pages



[Download My Time: Making the Most of the Rest of Your Life ...pdf](#)



[Read Online My Time: Making the Most of the Rest of Your Lif ...pdf](#)

Download and Read Free Online My Time: Making the Most of the Rest of Your Life By Abigail Trafford

Editorial Review

From Publishers Weekly

Trafford, a former Washington Post columnist and author (*Crazy Time: Surviving Divorce and Building a New Life*), turns her attention here to a stage of life she calls, "My Time." Because so many people are now living longer, healthier lives, the years from 55 to 80 represent an opportunity for growth, after career and family responsibilities have eased, that earlier generations did not have. Drawing on longevity research and a wide variety of interviews with older adults, Trafford does a credible job of examining how many men and women are taking advantage of these decades to reinvent themselves. According to the author, to move creatively into the future, one must first go through a second adolescence, a period marked by self-empowerment and dreaming about new possibilities. After this transition, Trafford maintains, an individual decides on a life purpose, such as beginning a new career, volunteering, participating in the arts or pursuing an educational goal. Since many people experience illness or changes in love relationships during this period, Trafford includes anecdotes about how those in this age group deal with these problems. An excellent section on nurturing love explores the importance of friendship and family as well as the ways romance and sexuality can bloom and deepen in these years of personal development.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

About the Author

Abigail Trafford is a columnist and former health editor at the *Washington Post*. She hosts "Health Talk," an online talk show on washingtonpost.com. Trafford is the author of *Crazy Time: Surviving Divorce and Building a New Life* (1982). She lives in Washington, D.C.

Users Review

From reader reviews:

Serafina Hayes:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite guide and reading a reserve. Beside you can solve your condition; you can add your knowledge by the reserve entitled *My Time: Making the Most of the Rest of Your Life*. Try to make the book *My Time: Making the Most of the Rest of Your Life* as your pal. It means that it can for being your friend when you sense alone and beside that of course make you smarter than in the past. Yeah, it is very fortuned for yourself. The book makes you more confidence because you can know almost everything by the book. So, we should make new experience in addition to knowledge with this book.

Cindy Knutson:

Have you spare time for a day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the Mall. How about open as well as read a book entitled *My Time: Making the Most of the Rest of Your Life*? Maybe it is being best activity for you. You realize beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with it has the opinion

or you have some other opinion?

Joe Dix:

Is it an individual who having spare time in that case spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This My Time: Making the Most of the Rest of Your Life can be the solution, oh how comes? The new book you know. You are thus out of date, spending your free time by reading in this brand-new era is common not a nerd activity. So what these ebooks have than the others?

Benjamin Herrera:

As a university student exactly feel bored to help reading. If their teacher expected them to go to the library as well as to make summary for some reserve, they are complained. Just minor students that has reading's heart and soul or real their leisure activity. They just do what the professor want, like asked to the library. They go to generally there but nothing reading very seriously. Any students feel that reading is not important, boring and also can't see colorful pictures on there. Yeah, it is to be complicated. Book is very important in your case. As we know that on this period of time, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore this My Time: Making the Most of the Rest of Your Life can make you feel more interested to read.

Download and Read Online My Time: Making the Most of the Rest of Your Life By Abigail Trafford #3296ZST0LRU

Read My Time: Making the Most of the Rest of Your Life By Abigail Trafford for online ebook

My Time: Making the Most of the Rest of Your Life By Abigail Trafford Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read My Time: Making the Most of the Rest of Your Life By Abigail Trafford books to read online.

Online My Time: Making the Most of the Rest of Your Life By Abigail Trafford ebook PDF download

My Time: Making the Most of the Rest of Your Life By Abigail Trafford Doc

My Time: Making the Most of the Rest of Your Life By Abigail Trafford Mobipocket

My Time: Making the Most of the Rest of Your Life By Abigail Trafford EPub

3296ZST0LRU: My Time: Making the Most of the Rest of Your Life By Abigail Trafford